

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07)

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### B095 - MILK, INSTANT, NONFAT, DRY, 25.6 OZ

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Other Foods</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Extra Grade instant nonfat dry milk made by removing water from pasteurized skim milk with no added preservative.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>12/25.6 oz pkgs per case.</li> <li>One 25.6 oz pkg AP yields about 10<math>\frac{2}{3}</math> cups instant nonfat dry milk powder and provides about 32.0 1-cup servings (2 gal) reconstituted milk.</li> <li>One lb AP yields about 6<math>\frac{2}{3}</math> cups instant nonfat dry milk powder and provides about 20.0 1-cup servings (1 gal 1 qt) reconstituted milk.</li> <li>CN Crediting: Reconstituted nonfat dry milk may not be used to meet the fluid milk requirement for Child Nutrition Programs.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store nonfat dry milk in a cool, dry place. When exposed to the air and moisture, it becomes lumpy and the flavor changes.</li> <li>Store opened nonfat dry milk in tightly covered and labeled containers and use in recipes within 3 to 5 days.</li> <li>After mixing with water, cover milk and refrigerate.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Milk, instant, nonfat, dry, nonfortified

	$\frac{1}{3}$ cup dry milk (makes 1 cup milk) (23 g)
Calories	82
Protein	8.07 g
Carbohydrate	12.00 g
Dietary Fiber	0 g
Sugars	12.00 g
Total Fat	0.17 g
Saturated Fat	0.11 g
Trans Fat	0 g
Cholesterol	4 mg
Iron	0.07 mg
Calcium	283 mg
Sodium	126 mg
Magnesium	27 mg
Potassium	392 mg
Vitamin A	3 IU
Vitamin A	1 RAE
Vitamin C	1.3 mg
Vitamin E	0 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• To reconstitute one cup nonfat dry milk, combine <math>\frac{1}{3}</math> cup (0.8 oz) instant nonfat dry milk powder with 1 cup water and mix well.</li> <li>• To reconstitute one quart nonfat dry milk, combine <math>1\frac{1}{3}</math> cups (3.2 oz) instant nonfat dry milk powder with <math>3\frac{3}{4}</math> cups water and mix well.</li> <li>• To reconstitute one gallon nonfat milk, combine <math>5\frac{1}{3}</math> cups (12.8 oz) instant nonfat dry milk powder with 3 qt 3 cups water and mix well.</li> <li>• Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified.</li> <li>• When nonfat dry milk is specified in recipes such as bread, biscuits, muffins, and cakes that contain large portions of dry ingredients, the nonfat dry milk may be mixed with the other dry ingredients. The water for reconstitution may be added to the liquid ingredients.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards. Try adding one tablespoon nonfat dry milk to smoothies for a creamy treat with added protein.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> <li>• For reconstituted nonfat milk, if not used immediately, cover and refrigerate.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>